

# S.M.A.R.T. GOAL Setting



Specific, Measurable, Attainable, Reward-based, Time frame

## Health Vision:

### Smart Goal #1:

Action Step #1:

Action Step #2:

Action Step #3:

Action Step #4:

Action Step #5:

### Smart Goal #2:

Action Step #1:

Action Step #2:

Action Step #3:

Action Step #4:

Action Step #5: